

Qualification Specification

QNUK Level 3 Award in
Forest School First Aid (RQF)

603/2465/X

Contents

1. Introduction	2
2. Contact Us.....	2
3. Version Number.....	2
4. Qualification Objective	3
5. Geographical Coverage of this Qualification	3
6. Benefit for Learners	3
7. Progression	3
8. Recognition of Prior Learning	3
9. Complementary Courses	3
10. Qualification Information	4
11. Qualification Structure.....	4
12. Learner Entry Requirements.....	4
13. Delivery.....	4
13.1. Venue Requirements	5
13.2. Equipment Requirements.....	5
13.3. Blended Learning.....	5
13.4. Trainer to Learner Ratio	5
14. Centre Personnel Requirements.....	5
15. Assessment Requirements	7
15.1. Multiple-Choice Question Paper	7
15.2. Practical Tasks.....	7
16. Moderation	7
17. Reasonable Adjustments	7
18. Results.....	7
Appendix 1: Units	9
Appendix 2: Specimen Assessment Material	16

1. Introduction

Qualifications Network Limited (QNUK) is an Awarding Organisation recognised and regulated by the Office of Qualifications and Examinations (Ofqual) in England, the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland and Qualifications Wales.

This specification outlines key information required by users of the qualification to ensure they can make an informed decision about the suitability of the qualification they are taking or proposing to take for the purposes that they intend to use it.

2. Contact Us

Please get in touch if you need any advice or guidance with this qualification.

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3. Version Number

Centres should make sure they are using the most up to date document by checking the footer which will confirm the current version number.

Version 3: Dec 2021 – new qualification template applied

Document owner	Qualifications Manager
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4. Qualification Objective

This qualification is aimed Forest School Practitioners who may be required to undertake a range of first aid qualifications to meet compliance needs. This qualification combines the learning outcomes of the QNUK Level 3 Award in Emergency First Aid at Work (RQF), the QNUK Level 3 Award in Paediatric First Aid (RQF) and the QNUK Level 3 Award in Outdoor First Aid (RQF).

The qualification meets the requirements for Emergency First Aid at Work as outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. This qualification will support a role in the workplace.

5. Geographical Coverage of this Qualification

This qualification is available across the UK.

6. Benefit for Learners

This qualification will provide the skills, knowledge and understanding to support an Outdoor Education or Outdoor Activity Instructor to provide first aid in their workplace. The skills, knowledge and understanding will be transferable to any industry or sector.

7. Progression

Learners undertaking this qualification may wish to progress to the QNUK Level 3 Award in Responding to Incidents with an AED (RQF) or the QNUK Level 2 Award in Safeguarding and Protecting Children and Young People (RQF).

8. Recognition of Prior Learning

QNUK would welcome requests for recognition of prior learning (RPL) where a learner is able to provide sufficient, reliable and valid evidence, such as achievement of:

- QNUK Level 3 Award in Emergency First Aid at Work (RQF)
- QNUK Level 3 Award in Paediatric First Aid (RQF)
- QNUK Level 3 Award in Outdoor First Aid (RQF)

9. Complementary Courses

Learners successfully completing the qualification will also be able to claim certification for the following qualifications:

- QNUK Level 3 Award in Emergency First Aid at Work (RQF)
- QNUK Level 3 Award in Paediatric First Aid (RQF)
- QNUK Level 3 Award in Outdoor First Aid (RQF)

Learners must claim for all certification through their training centre at the same time. An additional learner registration fee will be payable.

This qualification will complement any occupational course, providing learners will additional skills enhancing their employability.

10. Qualification Information

Qualification Number (QN)	603/2465/X
Learning Aim	6032465X
Total Qualification Time (TQT)	20
Guided Learning Hours (GLH)	16
Credit value	2
Level	3
Validity	3 years
Assessment	Invigilated MCQ paper and observed practical tasks
Achieving the qualification	Learners must achieve the 2 mandatory units

11. Qualification Structure

Unit No.	Unit Title	Level	Credit	GLH
Mandatory units				
L/616/5014	Emergency First Aid in a Forest School Setting	3	1	8
R/616/5015	Recognition and Management of Illness and Injury in a Forest School Setting	3	1	8

The learning outcomes for the qualification may be found in Appendix 1. The Assessment Guidance details the assessment criteria which are used to determine if a learner has met the requirements of the learning outcomes. Further depth of coverage is also provided in the Assessment Guidance.

12. Learner Entry Requirements

There are no specific recommended prior learning requirements for this qualification. Entry is at the discretion of the centre; however, learners should be aged 16 and over and able to undertake the responsibilities associated with being a workplace first aider.

Learners between 14-16 years can undertake the qualification, however they should not be relied upon by employers to be a sole first aider.

Learners are required to demonstrate first aid procedures as they would in a real work environment. This includes providing CPR to a casualty who is on the floor, therefore be physically capable of doing so.

Learners must have sufficient command of the English language to understand and undertake the recommended assessment methods for this qualification.

There are no other pre-requisites for this qualification. However, learners should be able to work at level 2 and above.

13. Delivery

This qualification is typically delivered in a face-to-face format over a two-day period. Learners should complete the qualification within 10 weeks.

The delivery of this qualification should include sufficient learning and practice in an outdoor environment.

13.1. Venue Requirements

The training venue should be suitable for learning and meet all relevant Health and Safety requirements. It is expected that a proportion of the learning will be taken outside for this qualification.

13.2. Equipment Requirements

- Resuscitation manikins (1 per 4 learners)
- AED training units (1 per 4 learners)
- Sufficient disinfectant wipes
- Range of dressings and bandages
- Suitable equipment to provide insulation and shelter to a casualty
- Range of outdoor activity equipment and clothing if required.

13.3. Blended Learning

Blended learning is accepted for this qualification; however, the online system must have met the requirements outlined by the Health and Safety Executive.

No more than one third of the qualification can be taken as the online learning.

13.4. Trainer to Learner Ratio

The maximum Trainer to learner ratio for this qualification is 1:12

14. Centre Personnel Requirements

This qualification is delivered by suitably qualified trainers.

All those who deliver and assess this qualification must:

1. Hold a current First Aid at Work Certificate (issued by an Ofqual/SQA/Welsh Government recognised Awarding Organisation/Body, a First aid at work issued by a Recognised Voluntary Aids Society; or
2. Hold a regulated Pre-hospital care course at level 3 or above; or
3. Hold a current Offshore First Aid Certificate issued by a HSE approved training provider or
4. Have a current registration as a Doctor with the General Medical Council (GMC) or
5. Have a current registration as a Nurse with the Nursing and Midwifery Council (NMC) or
6. Have a current registration as a Paramedic with the Health and Care Professions Council (HCPC)
7. Have undertaken an outdoor first aid course in the past
8. Hold outdoor instructor qualifications and experience; or
9. Have attended a recognised outdoor first aid Trainer CPD event
10. Hold one of the following qualifications or their recognised equivalent:
 - a. Cert Ed/PGCE/B Ed/M Ed
 - b. CTLLS/DTLLS
 - c. PTLLS (12 credits)
 - d. Further and Adult Education Teacher's Certificate
 - e. IHCD Instructional Methods
 - f. IHCD Instructor Certificate
 - g. S/NVQ level 3 in training and development
 - h. S/NVQ level 4 in training and development
 - i. TQFE (Teaching Qualification for Further Education)
 - j. English National Board 998
 - k. Nursing mentorship qualifications

- l. NOCN Tutor Assessor Award
 - m. Level 3 Award in Education and Training (QCF/RQF)
 - n. Level 4 Certificate in Education and Training (QCF/RQF)
 - o. Level 5 Diploma in Education and Training (QCF/RQF)
11. If none of the above teaching/assessing qualifications are held, delivery staff must hold both a teaching qualification AND assessing qualification from the list below
- a. Accredited Qualifications based on the Learning and Development NOS 7 Facilitate Individual Learning and Development (Teaching)
 - b. Training Group A22, B22, C21, C23, C24 (Teaching)
 - c. SQA Accredited Planning and Delivering Learning Sessions to Groups (Teaching)
 - d. A1 (D32/33) – Assess candidates using a range of methods (Assessing)
 - e. A2 (D32) – Assess candidates’ performance through observation (Assessing)
 - f. Regulated Qualifications based on the Learning and Development NOS 9 Assess Learner Achievement (Assessing)
 - g. SQA Accredited Learning and Development Unit 9DI – Assess workplace competences using direct and indirect methods – replacing Units A1 and D32/33 (Assessing)
 - h. SQA Accredited Learning and Development Unit 9D - Assess workplace competence using direct methods – replacing Units A2 and D32 (Assessing)
 - i. SQA Carryout the Assessment Process (Assessing)
 - j. Level 3 Award in Assessing Competence in the Work Environment (QCF/RQF) (Assessing)
 - k. Level 3 Award in Assessing Vocationally Related Achievement (QCF/RQF) (Assessing)
 - l. Level 3 Award in Understanding the Principles and Practices of Assessment (QCF/RQF) (Assessing)
 - m. Level 3 Certificate in Assessing Vocational Achievement (QCF/RQF) (Assessing)
 - n. Assessor/IQA CPD Day (Assessing)
12. Show current evidence of continuing professional development in teaching, assessment and the subject matter.

Internal quality assurance requirements

Each centre must have access to a suitably qualified IQA. The IQA cannot verify the delivery or assessment of individual learners or cohorts of learners where the IQA has been involved in the delivery or assessment of the qualification for those learners.

All those who are involved with the quality assurance of this qualification **internally** must:

1. have up-to-date working knowledge and experience of best practice in assessment and quality assurance;
2. meet the delivery staff requirements for this qualification:
3. hold one of the following internal quality assurance qualifications or their recognised equivalent:
 - a. Level 4 Award in Internal Quality Assurance of Assessment Processes and Practice (QCF/RQF);
or
 - b. Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice (QCF/RQF); or
 - c. V1 Conduct internal quality assurance of the assessment process; or
 - d. D34 Internally verify the assessment process; or
 - e. Have completed a 7-hour assessor and IQA CPD training with an awarding organisation, and
4. show current evidence of continuing professional development in assessment, quality assurance and the subject matter.

Please note whilst centre personnel may be approved for both roles, those assigned the role of Trainer/Internal Verifier are not permitted to operate in both these roles for any learner.

15. Assessment Requirements

Learners are assessed for this qualification through:

15.1. Multiple-Choice Question Paper

The MCQ paper will be taken under examination conditions, i.e. learners will sit a minimum of 1.25 metres apart, will not confer during the examination and no electronic devices (such as mobile phones) or books, including dictionaries, will be permitted.

Language of assessment	English
Duration	60 minutes
Pass mark	70% (28/40)
Grading	Pass/Fail

Example MCQs are included at Appendix 2.

15.2. Practical Tasks

Learners are assessed completing several practical first aid tasks.

Language of assessment	English
Duration	As required
Pass mark	100%
Grading	Pass/Fail

16. Moderation

The level of external moderation required for this qualification will be risk based and in line with the Centre Assessment Standards Scrutiny Strategy applicable to this qualification.

There may be situations within the centre devised assessment methodology that require observations, in these situations QNUK EQA Department will also require to conduct verification visits to ensure the accuracy and consistency of assessment decisions.

QNUK EQA Department will advise the centre of the required levels of moderation/verification to anticipate for this qualification upon centre approval for delivery.

17. Reasonable Adjustments

All learners are required to complete the assessment criteria in a manner appropriate to the purpose of the qualification.

For this qualification learners must be able to perform relevant practical tasks on the floor during the summative assessment.

The prescribed assessment methods for this qualification should not unfairly disadvantage learners who would otherwise be able to demonstrate competence in line with the purpose of the qualification. Learners should contact their centre to discuss reasonable adjustment if they feel the prescribed assessment methods would disadvantage them.

18. Results

The centre is required to submit learner results within 10 working days of assessment to Qualifications Network UK for moderation. We will issue verified results and appropriate certification to the approved

QNUK Level 3 Award in Forest School First Aid (RQF) 603/2465/X



centre within 7 working days of receiving the results. Centres will forward results and/or certificates to learners, who can expect to receive them within 20 working days of taking the assessment. If learners have not received results and/or certificates within 25 working days, they should contact the centre in the first instance.

Appendix 1: Units

Unit 1 Emergency First Aid in a Forest School Setting (L/616/5014)

Unit Summary

The learner will develop the skills, knowledge and understanding to deal effectively with a range of emergencies in a Forest School requiring first aid.

1. The learner will: Understand the role and responsibilities of the Forest School first aider		
Assessment Guidance		Types of Evidence
1.1	The learner must identify the role and responsibilities of a Forest School first aider including: managing hazards; prioritising casualties, identifying possible injuries; identifying and knowing how to use appropriate first aid equipment found in the common outdoor first aid container; principles of effective casualty communication; awareness of HSE requirements for first aid.	MCQ
1.2	The learner must identify how to minimise the risk of infection to self and others through using clean and, where possible, sterile equipment correctly; correct disposal of used, disposable first aid equipment; importance of handwashing and the reasons for this.	MCQ
1.3	The learner must identify the need for consent to provide first aid including why consent should be obtained from the patient; when it should be obtained; when consent can be presumed.	MCQ

2. The learner will: Be able to manage an incident in an outdoor setting		
Assessment Guidance		Types of Evidence
2.1	The learner must conduct a scene survey demonstrating their awareness of the environment, including other hazards that could affect themselves, potential casualties and bystanders; identify available first aid equipment.	Observation
2.2	The learner must conduct a primary survey on a paediatric casualty demonstrating their awareness of dangers, response, open airway and a breathing check on a child and infant casualty; primary survey to include modifications for the infant casualty.	Observation
2.3	The learner must conduct a primary survey on an adult casualty demonstrating their awareness of dangers, response, open airway and a breathing check; awareness of agonal gasps.	Observation
2.4	The learner must protect a casualty from environmental factors including relocating a casualty, insulating and using shelter.	Observation
2.5	The learner must summon appropriate assistance when necessary demonstrating this on completion of the primary survey and requesting appropriate assistance from bystanders or the emergency services; awareness of how to contact other emergency services such as Mountain Rescue.	Observation
2.6	The learner must identify how to administer first aid to a casualty at risk of hypothermia demonstrating how to protect from risk of hypothermia; protection from the elements.	Observation

3. The learner will: Be able to provide first aid to a casualty who is unresponsive and not breathing normally		
Assessment Guidance		Types of Evidence
3.1	The learner must identify when to administer Cardio-Pulmonary Resuscitation (CPR) differentiating between casualties who require resuscitation and those who should be placed in the recovery position; awareness of agonal gasps.	Observation
3.2	The learner must demonstrate CPR on a paediatric casualty using a manikin in accordance with current Resuscitation Council (UK) guidelines; modifications from the adult protocol; 5 initial breaths followed by 30:2.	Observation
3.3	The learner must demonstrate CPR on an adult casualty using a manikin in accordance with current Resuscitation Council (UK) guidelines.	Observation
3.4	The learner must demonstrate the use of an automated external defibrillator (AED) including correctly placing AED pads; follow instructions from the AED unit.	Observation
3.5	The learner must outline modifications of CPR in relation to: <ul style="list-style-type: none"> • a child • drowning • avalanche • lightning strike • remote from immediate help including adaptations to basic life support protocols; paediatric protocol; adult drowning protocol; when and if to start CPR in the given situations.	MCQ

4. The learner will: Be able to provide first aid to a casualty who is unresponsive and is breathing normally		
Assessment Guidance		Types of Evidence
4.1	The learner must justify when to place a casualty into the recovery position differentiating between casualties who require resuscitation and when they should be placed into the recovery position.	Observation
4.2	The learner must place an infant into the recovery position demonstrating the modified recovery position used for infants.	Observation
4.3	The learner must place an adult or child into the recovery position in accordance with current Resuscitation Council (UK) guidelines.	Observation
4.4	The learner must continually monitor a casualty whilst they are in the recovery position including radial and carotid pulse, breathing, response and pallor.	Observation
4.5	The learner must administer first aid to a casualty who is experiencing a seizure including actions to take whilst a casualty is in seizure; management of the casualty once the seizure has stopped; know when it is recommended to call the emergency services.	MCQ

5. The learner will: Be able to provide first aid to a casualty that is choking		
Assessment Guidance		Types of Evidence
5.1	The learner must identify when choking is mild or severe and demonstrate how to recognise the features of a mild and a severe obstruction of the airway.	Observation

5.2	The learner must administer First Aid for an infant that is choking in accordance with current Resuscitation Council (UK) guidelines.	Observation
5.3	The learner must demonstrate the treatment for an adult or child who is choking in accordance with current Resuscitation Council (UK) guidelines.	Observation

6. The learner will: Be able to provide first aid to a casualty with external bleeding		
Assessment Guidance		Types of Evidence
6.1	The learner must identify how to administer first aid to a casualty with a minor wound in accordance with current, approved first aid practice, including cuts; bruises; bites; ticks and the risk of Lyme disease; stings; embedded objects; grazes; how to remove a tick.	MCQ
6.2	The learner must identify how to administer first aid to a casualty with minor burns and scalds including assessing the severity of the burn and appropriate treatment in accordance with current, approved first aid practice.	MCQ
6.3	The learner must identify the severity of external bleeding and the characteristics of capillary, venous and arterial bleeding.	Observation
6.4	The learner must demonstrate how to control external bleeding managing a casualty with a bleed; dressing common wounds to the head, arm, hand and leg.	Observation

7. The learner will: Know how to provide first aid to a casualty who is in shock		
Assessment Guidance		Types of Evidence
7.1	The learner must recognise a casualty who is suffering from shock including the common recognition features of a casualty in hypovolaemic shock.	Observation
7.2	The learner must identify how to administer first aid to a casualty who is suffering from shock including the recommended first aid treatment for hypovolaemic shock: position of the casualty; keeping them warm; nil by mouth; moisten their lips; reassure them; refer to the emergency services.	Observation

The learner will: Know how to provide first aid to a casualty affected by immersion in water		
Assessment Guidance		Types of Evidence
8.1	The learner must outline how to administer first aid to a casualty who has been immersed in water including awareness of the risk of secondary drowning and hypothermia.	MCQ

Unit 2 Recognition and Management of Illness and Injury in a Forest School Setting (R/616/5015)

Unit Summary

The learner will develop the skills, knowledge and understanding to deal effectively with a range of advanced emergencies in a Forest School requiring first aid.

1. The learner will: Be able to conduct a secondary survey		
Assessment Guidance		Types of Evidence
1.1	The learner must identify the information to be collected when gathering a casualty history including signs and symptoms; allergies; medication; past medical history; last meal/drink; events that have led to this.	MCQ
1.2	The learner must demonstrate how to conduct a head to toe survey on a casualty who is wearing activity kit on an unresponsive casualty; how to perform a top-to-toe on a conscious casualty.	Observation

2. The learner will: Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints		
Assessment Guidance		Types of Evidence
2.1	The learner must describe types of fractures including the terms open, closed, complicated; awareness of the forces involved in causes fractures - direct and indirect force.	MCQ
2.2	The learner must recognise suspected: <ul style="list-style-type: none"> fractures and dislocations sprains and strains including common signs of fracture and dislocation of a limb or digit; common sprains and strains.	Observation
2.3	The learner must identify how to administer first aid for: <ul style="list-style-type: none"> fractures and dislocations sprains and strains including supporting and providing basic first aid to a casualty with fracture or dislocation to a limb or digit; common sprains and strains.	Observation

3. The learner will: Be able to provide first aid to a casualty with a suspected major injury		
Assessment Guidance		Types of Evidence
3.1	The learner must recognise a suspected major injury including common signs and symptoms of mild and severe head injuries; suspected spinal injury in a conscious casualty; recognition features of a flail chest and penetrating chest injury.	MCQ
3.2	The learner must identify how to administer first aid for a suspected major injury including management of the injury; casualty position; when to contact the emergency services; treatment for a chest injury including broken ribs; flail chest; penetrating chest injury.	MCQ

3.3	The learner must demonstrate how to perform a log roll including correct management of a casualty with a spinal injury who is conscious; unconscious and breathing; unconscious and not breathing; perform a spinal log roll as part of a team.	Observation
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4. The learner will: Know how to administer first aid to a casualty with conditions affecting the eyes, ears and nose

Assessment Guidance		Types of Evidence
4.1	The learner must outline how to administer first aid for an infant or a child with a foreign body in the: <ul style="list-style-type: none"> • eye • ear • nose including recognition of common foreign objects in the eyes, ears and nose in paediatric casualties; when to remove objects and when not to; when to seek help; dressings as appropriate.	MCQ
4.2	The learner must identify how to administer first aid for an infant or a child with an eye injury in accordance with current, approved first aid practice including flushing of eyes; appropriate dressings and/or covering of eye(s).	MCQ

5. The learner will: Know how to administer first aid to a casualty with a suspected major illness

Assessment Guidance		Types of Evidence
5.1	The learner must recognise suspected: <ul style="list-style-type: none"> • allergic reaction • asthma attack • diabetic emergency • febrile convulsion • heart attack • stroke • meningitis including common causes or triggers for each condition; common signs and symptoms for each condition.	MCQ
5.2	The learner must identify how to administer first aid to a casualty suffering from suspected: <ul style="list-style-type: none"> • allergic reaction • asthma attack • diabetic emergency • febrile convulsion • heart attack • stroke • meningitis in accordance with current, approved first aid practice including when to seek help; suitable positioning; monitoring; condition specific treatment; awareness of relevant emergency medication.	MCQ

6. The learner will: Know how to provide first aid to a casualty who is experiencing the effects of heat or cold		
Assessment Guidance		Types of Evidence
6.1	The learner must outline how to recognise a casualty who has been affected by heat and cold including common recognition features for: <ul style="list-style-type: none"> • shivering • hypothermia • dehydration • heat exhaustion • heat stroke 	MCQ
6.2	The learner must outline how to manage a casualty who has been affected by heat and cold including providing first aid to a casualty suffering from: <ul style="list-style-type: none"> • shivering • hypothermia • dehydration • heat exhaustion • heat stroke 	MCQ

7. The learner will: Know how to administer first aid to a casualty who has sustained an electric shock		
Assessment Guidance		Types of Evidence
7.1	The learner must outline how to safely manage an incident involving electricity including the importance of switching off power or contacting power company for high voltage powerlines; keeping others back; use of insulating materials as appropriate; awareness of possibility of hidden injuries.	MCQ
7.2	The learner must identify how to administer first aid for an infant or a child who has suffered an electric shock including removal from/of electrical supply; treatment of burns; awareness of other injuries; possible need for CPR.	MCQ

8. The learner will: Know how to provide first aid to a casualty with burns and scalds		
Assessment Guidance		Types of Evidence
8.1	The learner must recognise the factors that affect the severity of burns and scalds using the criteria of size; causes; age of the casualty; location of the burn; the depths of burn.	MCQ
8.2	The learner must administer first aid for burns and scalds in accordance with the British Burns Association guidelines 2018; including chemical, ice, dry, electrical, radiation and scald.	MCQ

9. The learner will: Know how to administer first aid to an infant and a child who have been poisoned		
Assessment Guidance		Types of Evidence
9.1	The learner must identify the routes that poisons can take to enter the body including injection, ingestion, inhalation, absorption; poisons include plants, fungi, medication, cleaning products, food, airborne pollutants, drugs, alcohol.	MCQ

9.2	The learner must identify how to administer first aid for a casualty with suspected sudden poisoning in accordance with current, approved first aid practice; specific treatment; positioning; when to seek help.	MCQ
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10. The learner will: Know how to provide first aid to a casualty suffering from an anaphylactic reaction		
Assessment Guidance		Types of Evidence
10.1	The learner must identify common triggers for anaphylaxis including: <ul style="list-style-type: none"> • peanuts • tree nuts such as almonds, walnuts, cashews, brazils • fish and shellfish • dairy products and eggs • wasp or bee stings • natural latex (rubber) • penicillin and other drugs or injections 	MCQ
10.2	The learner must recognise suspected anaphylaxis according to current accepted first aid practice and manuals, including: <ul style="list-style-type: none"> • the casualty may appear to be anxious • swelling of the throat, mouth and face • flushed, blotchy skin • distressed breathing • rapid, weak pulse • if the reaction is severe, the casualty may become unconscious and stop breathing 	MCQ
10.3	The learner must identify how to administer first aid for a casualty suffering from anaphylaxis including scene management; current practice on casualty positioning; when to contact the emergency services; administration of adrenaline auto injector (AAI).	MCQ

Appendix 2: Specimen Assessment Material

1 At what point should an ambulance be called for a casualty who is having a seizure?

- A** Immediately in all cases
- B** If the seizure lasts longer than normal
- C** Only if the casualty has never had a seizure before
- D** Only if the casualty is a child

2 Which **one** of the following is a treatment for a casualty suffering from shock?

- A** Allow a drink of warm sweet tea
- B** Allow sips of a suitable sports drink
- C** Give nothing to eat or drink
- D** Provide small amounts of salt-water

3 Which of the following items a should **NOT** be found in a first aid kit?

- A** Dressings
- B** Ice pack
- C** Safety pins
- D** Paracetamol